

AMANWANA

Spa Menu

Wellness is a dynamic process of change and growth - a state of complete physical, mental and social wellbeing that is more than simply staying free from illness.

Treating the whole - the mind, body and spirit - Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind.

Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as *qi*, while in Ayurveda and Yoga - *prana* is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

Aman Signature Treatments

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu, carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

Foot Ritual

A prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak. A literal cleansing to compliment the spiritual cleansing of the smoking ceremony, the foot ritual is deeply relaxing but is also richly symbolic. It is an act of service and care at its most humble and invites the surrender of personal will, trust and safety to fully benefit from the treatment to follow.

Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature Treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centres a guest in preparation for the treatment to come.

Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense is said to offer protection, enhance spiritual awareness and lift one's emotions.

Nourishing

The Nourishing formation encourages the healing of emotional and mental wounds with a nurturing embrace. Harnessing the emotion of love towards others and towards yourself. It holds the spirit of your acceptance, of simply being your authentic and best self.

Nourishing Body Scrub and Wrap

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. The Jade Mud Wrap combines the nourishing effects of jade powder with mineral rich Italian clay, rose water and Argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

90 minutes

Nourishing Massage

Ideal for physically or emotionally exhausted souls, this massage has an extraordinarily restorative effect on the nervous system, helping to recharge and refuel body and mind. This treatment includes chakra healing, said to activate and channel Kundalini - the dormant energy stored at the base of the spine. In addition, Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance.

90 minutes

Nourishing Facial

This facial treatment uses richly nourishing ingredients, such as honey, rosehip, wheat germ, cactus oil, jasmine stem cell and silk, which work to soothe and brighten the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial Marma points to remove any internal blockages and stimulate the flow of prana. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is regenerated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various techniques and gentle holds, the skin is imbued with an inner luminosity.

90 minutes

Nourishing Journey

Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Body Scrub and Wrap, followed by the Nourishing Massage and is rounded off with the Facial. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

180 minutes

Grounding

The Grounding formation imparts a feeling of safety, with Amber oil helping to soothe a busy mind and ease anxiety and stress. Meanwhile, sandalwood warms and calms the nervous system, its earthy aroma evoking tranquillity and inducing a meditative frame of mind.

Grounding Massage

This Tibetan-inspired Ku Nye full body treatment honours ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system and then with more subtle massage to energise the meridian system. The massage includes cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and Himalayan salt poultices. The full body massage is followed by an invigorating Tibetan head massage, which induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

90 minutes

Purifying

The Purifying formation is a powerful spiritual cleanser that fends protection, clears stagnant energies, stabilises the heart and mind and eases restless agitation. It helps to let go of the unhelpful – both energetically and emotionally, and gives a lightness to your step

Purifying Massage

Ideal for anyone needing a purifying release, this therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system. Lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massage, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

90 minutes

Purifying Facial

Extremely beneficial for people living in cities exposed to pollution, this facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by releasing facial tension and stress.

90 minutes

Body Treatments

Javanese Lulur

This traditional Javanese cleansing treatment starts with a 60 min Amanwana massage. Followed by a white rice and turmeric herbal body scrub to soften the skin, continue with honey yoghurt then finish off with a soak in herbal bath (lime, lemongrass, cinnamon, ginger) to calm the body and mind.

120 minutes

Indonesian Milk Bath

After a relaxing 60 min Amanwana massage, a gentle white rice and white turmeric body scrub exfoliates and prepares the skin before the application of a natural detoxifying mask made from milk powder, white clay and honey. After the mask, enjoy a warm herbal milk bath. This treatment leaves the skin soft and supple.

150 minutes

Aloe Vera and Lavender After Sun Treatment

Soothe your sun-drenched skin in aromatic lavender bath after 60 min Amanwana massage. Following the bath, a cooling Aloe Vera hydrating elixir will be gently applied.

90 minutes

Massages

Amanwana Massage

60 or 90min treatment to rebalance the body and promote a sense of wellbeing. Using energizing Lemongrass oil, this Indonesian-influenced massage combines elements of Swedish massage and reflexology.

Jungle Massage

Our Jungle Massage incorporates a variety of techniques including stretching, Swedish massage and acupuncture to provide you with the best of the East and West.

90 minutes

Back, Neck and Shoulders Massage

This targeted massage relieves deep-seated tension in the upper back, shoulders and neck.

60 minutes

Foot Scrub and Massage

A scrub featuring coconut, lemongrass and Moyo honey deeply cleanses and prepares the feet for an invigorating reflexology massage. It is highly recommended after a hike or walking on the beach.

60 minutes

Hand and Foot Care

Enjoy a luxurious hand and foot bath, cleansing hand peel, nourishing mask and a therapeutic massage. Our manicure and pedicure treatments include a scrub made with freshly cut lemongrass and Moyo honey.

60 minutes / 90-minute combination

Spa for the young

Amanwana Junior Massage

This is a gentle version of the Amanwana Massage, made suitable for our young guests to induce relaxation.

60 minutes

Little Princess Manicure and Pedicure

A fun treatment with a soak in a hand and foot bath. It includes nail trim, a gentle massage and a choice of bright colours.

60 minutes

**Please note that Amanwana Spa for the Young treatments are only available for guests between 6 and 12 years old.*

Spa Facilities

Jungle Cove Spa and Spa Tent

Amanwana Spa is a wilderness hideaway forgotten by time, surrounded by the turquoise water and untouched reefs of the Flores Sea. Amidst the beauty of the island's nature, here one can take the time and space to reconnect with your inner self. Not your traditional spa, Amanwana offers an alternative to the regime and routine. The Spa was conceived and created to blend Indonesian-influenced techniques with the best of the East and the West.

The Jungle Cove Spa features tranquil views of Amanwana Bay from an open-air double treatment room with an outdoor shower and large sunken tub just steps from the water's edge. In addition, there are 2 single treatment rooms with an outdoor shower.

Treatments can also be enjoyed in our Spa Tent, located near the Restaurant, or in the privacy of your own tent. The Spa Tent features two massage beds, a bathtub, separate shower and toilet.

The Jungle Cove Spa is open from 9.00am, with a last booking at 4.00pm. The Spa Tent is open from 8.00am, with a last booking at 10.00pm

For reservations, please contact our Guest Assistants by dialing 0 or 1.